

ACADEMIC STRESS IN COLLEGIATE SPORTSPERSONS OF
CHHATTISGARH : WITH REFERENCE TO TRIBAL-NON TRIBAL
BELONGINGNESS



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ABSTRACT:

The main objective of the present study is to compare academic stress in tribal and non tribal sportspersons from Chhattisgarh. For present study, 200 intercollegiate tribal sportspersons (Ave. age 20.23 yrs.) and 200 intercollegiate non tribal sportspersons (Ave. age 19.90 yrs) were selected as sample. The criteria for selection of subjects were participation in intercollegiate tournaments for any sports discipline. The selection of subjects was done from colleges under the jurisdiction of various Universities operational in Chhattisgarh. The other criterion for selection of subjects was domicile of Chhattisgarh. The sample was collected through convenience

sampling method. To assess academic stress in selected subjects, Stress Inventory prepared by Rani and Singh (2008) was preferred. Results reveal that, academic stress in tribal sports persons was significantly higher as compared to non tribal sports persons. Therefore, it may be concluded that, magnitude of academic stress is higher in sports persons from tribal communities as compared to sports persons from non tribal communities.

KEYWORDS

Academic stress, sports persons, tribal, non tribal.

INTRODUCTION :

Stress has been conceptualized as the effect of demands that go beyond one's perceived ability to cope (Lazarus & Folkman, 1984). Two critical processes that mediate the person-environment relationship are cognitive appraisal and coping. Lazarus and Folkman (1984) defined cognitive appraisal as "an evaluative process that, determines why and to what extent a particular transaction or series of transactions between the person and the environment is stressful".

James and Collins (1997) suggest that, a larger process related to self evaluation, self presentation, also contributes to the stress athletes experience. Self presentation refers to an individual's attempt to control the impressions others form of them. Additional stressors athletes may experience include: extensive time demands placed upon them, injuries, conflict with coaches, pressure to win, and academic demands including tests, assignments, missing classes because of travel and making up assignments (Humphrey et al, 2000; Wilson & Pritchard, 2005).

It is believed that, some anticipated frustration associated with academic failure which leads to mental distress is nothing but academic stress. College Students have to face many academic demands, such as examination, projects etc. These demands may tax or exceed available resources of the students. As a consequence, they can be under stress, since the demand is related to achievement of an academic goal. So, academic related to the achievement of an academic goal.

According to Bisht (1989), Academic stress as a demand related to academics that, tax or exceed the available resources (internal or external) as cognitively appeared by the student involved. According to Bisht (1989), academic stress reflects perception of individual's academic frustration, academic conflict, academic pressure and academic anxiety.

So, many researchers have investigated various psychological, physical, socio-psychological and cognitive aspects of tribal and non tribal sportspersons [Agashe and Karkare, 2011, Thakur, 2012, Patil, 2013, Dhamne and Salvi, 2013]. It is also noticeable that no study yet has been conducted in which academic stress of collegiate sportspersons has been assessed in the light of their tribal, non-tribal belongingness. Since academic stress is associated with poor educational outcomes, hence keeping the importance of academics along with sporting career in life, the present study was planned to compare academic stress between tribal and non tribal sportspersons of Chhattisgarh.

OBJECTIVE OF THE STUDY

The objective of the present study is, to compare academic stress in tribal and non tribal intercollegiate players of Chhattisgarh.

HYPOTHESIS

Academic stress in sportspersons will differ significantly on the basis of their tribal, non-tribal belongingness.

MATERIALS AND METHODS

Sample :-

For present study, 200 intercollegiate tribal players (Ave. age 20.23 yrs.) and 200 intercollegiate non tribal players (Ave. age 19.90 yrs) were selected as sample. The criteria for selection of subjects were participation in intercollegiate tournaments for any sports discipline. The selection of subjects was done from colleges under the jurisdiction of various Universities operational in Chhattisgarh. The other criterion for selection of subjects was domicile of Chhattisgarh. The sample was collected through convenience sampling method.

Tools:

To assess academic stress in selected subjects, Stress Inventory prepared by Rani and Singh (2008) was used. The internal consistency reliability by odd-even method was found to be 0.79, thus inventory possesses a sufficient degree of reliability. The face validity of the questionnaire appeared to be fairly high.

Procedure:

Stress Inventory prepared by Rani and Singh (2008) was administered to selected subjects in a peaceful conditions. Directions from author's manual was used to score off the responses. Independent sample 't' test was used to compare academic stress between two study groups. The results are presented in table 1.

ANALYSIS OF DATA

Table 1
Comparison of Academic Stress of Tribal and Non Tribal Sportspersons

Groups	Academic Stress		Mean Diff.	't'
	Mean	S.D.		
Tribal Sportspersons (N=200)	101.68	18.56	3.74	1.96 (p<.05)
Non Tribal Sportspersons (N=200)	97.94	20.90		

Results presented in table 1 indicate that, academic stress in non tribal sports persons was found to be significantly lower (M=97.94) as compared to tribal sports persons (M=101.68). The calculated t=1.96, is statistically significant at .05 level also gives statistical weightage to this finding that, non tribal players experience less academic stress as compared to tribal players.

RESULT AND DISCUSSION

In the present study academic stress in tribal sports persons was found to be significantly higher as

compared to non-tribal sportspersons. It is possible that ,tribal sports persons are unable to cope with the dual demands of academics and sports, which result in significantly higher academic stress in them as compared to non tribal sports persons.

CONCLUSION

On the basis of results it was concluded that, tribal collegiate sports persons experience more magnitude of academic stress as compared to non tribal sports persons.

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